

NETWORK 06 - YOUR TOTAL FITNESS EVENT

9 – 11 NOVEMBER 2006 • BRISBANE CONVENTION AND EXHIBITION CENTRE

INCORPORATING THE BRISBANE BUSINESS SUMMIT, HELD IN CONJUNCTION WITH THE BRISBANE FITNESS EXPO

For the first time ever, Network's end-of-year event is heading to the Brisbane Convention Centre on the waters at South Bank, and we're commemorating this occasion by providing a number of other 'firsts'. The Brisbane Business Summit is being conducted, as part of Network 06, for the first time, as is the Brisbane Fitness Expo (10 to 12 November at the Brisbane Exhibition Centre). Plus, we've integrated specialty 1-day workshops to kickstart this convention, and we're unveiling the brand new Indoor Cycling Education (I.C.E.) Training program, which is now available in Australia after achieving great success in Europe and the UK. There's so much new information and so many experiences to be had at this awesome event - we can't wait to play host to you in these sensational sunny surrounds! See you there!



Nigel Champion
Executive Director



Analee Matthews
Operations Manager



Amy Bird
Events Manager



Julie Tran
Events Coordinator

Network 06 is
organised by



Australian Fitness Network thanks
Reebok for their ongoing support
of Network events and its generous
provisions to members through the
Reebok Alliance program



SAVE MONEY AND WIN PRIZES!

Book as an Early Bird (by 29 September) and you can enter the draw to win a three-night holiday for two to a mystery destination, donated by the OzAccom Group. The winner of this fantastic prize will be drawn at the Opening Address at 8:45 - 10am Friday 10 November, when there will also be heaps more giveaways. Remember, you must be present to win!

AUSTRALIAN FITNESS NETWORK

Post: PO Box 1606, Crows Nest NSW 1585 Australia

Street: Ground Floor, 40 Oxley Street, St Leonards NSW 2065

Phone: 02 8424 7200 • **Fax:** 02 9437 6511

E-mail: info@fitnessnetwork.com.au

www.fitnessnetwork.com.au/network

CONTENTS

CONTENTS



Event highlights	4
Brisbane Fitness Expo	5
Brisbane Business Summit	6
Business program at a glance	7
Pre and post convention certifications	8
Program at a glance	11
Thursday 1-day workshops	16
Personal training	18
Nutrition and fat loss	26
Group exercise	28
Indoor cycling	31
Mind Body	33
Aqua fitness	35
Presenter biographies	36
Travel and accommodation	43
Your questions answered	45
Registration forms	centre pages

CO-SPONSORS

Australian Fitness Network greatly appreciates the contributions of our co-sponsors and event partners to the Network 06 event. Their financial support and ongoing commitment, through the use of their equipment and products, enable us to run the quality event that you have come to expect and we thank them for making it all possible.



Please note: all information is correct at the time of printing but may be subject to change without notice.

HOW TO REGISTER

MAIL OR FAX:

Simply tear out centre pages and complete the:

1. Registration form
2. Session selection form
3. Payment details

Then return all four pages, with payment if posting a cheque or money order (DO NOT mail cash), to:

MAIL: PO Box 1606, Crows Nest NSW 1585

FAX: 02 9437 6511

ONLINE:

Register online at
www.fitnessnetwork.com.au/network
(using your Bankcard, Mastercard or Visa).

Note: the first 25 online registrations receive a free gift!

For more details on registration options and how to register, go to page 45 and see centre pages.